



Town of Rocky Hill

761 OLD MAIN STREET • ROCKY HILL, CT 06067

The Rocky Hill Pivotal Press Senior Citizen Newsletter

Rocky Hill Human, Youth & Senior Services
Denise Sanderson, Senior Services 860.258.2786
Charlene Mehr, Transportation 860.258.2701
Melissa Hicks, Director 860.258.2799

Birthplace of the Brigantine "Minerva"



JANUARY 2020

LUNCH FOR SENIOR CITIZENS

The Rocky Hill Human, Youth & Senior Services offers a five-day a week lunch program for senior citizens. Lunches are served **Monday through Friday at 12:00 noon** in the Community Center. Doors open at 10:00 a.m. Monday through Friday. The cost is **\$3.50** for Center members, **\$4.00** for Out of Town residents who are members, **\$5.00** for residents of Rocky Hill who are not Senior Center Members, and **\$7.00** for out of town seniors who are not members.

Those interested in **registering must call the Senior Center Office at 860.258.2786 to register**

3 DAYS IN ADVANCE and before 10:00am
SENIORS NOT CHECKED OFF ON LUNCH LIST CANNOT BE GUARANTEED LUNCH.

SENIOR CENTER GUEST POLICY

Rocky Hill Senior Center members can bring guests to lunch. Cost for guests will be **\$3.50/per person.**

Guests must be **registered 3 DAYS in advance and before 10:00am**

*The guest policy was created for close out-of-town friends or family of senior members.
****Seniors that attend the lunch program who are disabled and need caretakers to accompany them will be allowed to purchase lunch for their caretaker at the Senior Center price of \$3.50.**

SENIOR CENTER MEMBERSHIP

For Seniors of Rocky Hill that wish to become a member of the Senior Center the membership is **FREE.** Out of Town Seniors that wish to become a member of the Senior Center, must pay an annual fee of **\$10.00 to participate in any senior programs.**

SENIOR HEALTH INFORMATION:

HEALTH INFORMATION

NOTE: THE NURSE WILL NOT COME GET YOU. SENIORS NEED TO FIND THEIR OWN TRANSPORTATION TO THE SENIOR CENTER.
See Transportation under Human Services Column.

HEALTHCARE SERVICES

**Every Monday
9:45am - 11:45am**

**Blood Pressure, weight & meds review
Sign up that day
FREE**

Location: Nurses Office
Joan Haines - Certified RN

FOOTCARE PROGRAM

**3rd Wednesday of the month
JANUARY 15, 2020
8:30am—3:30pm**

**APPOINTMENTS NECESSARY!
NO DIABETICS!**

Cost: \$29.00 check or cash
Location: Nurses Office
Cathy Brennan - RN

Call 860.258.2786 to set-up appointments

HEARING HEALTH SERVICES

**2nd Thursday of the month
JANUARY 9, 2020
10:00am - 11:00am**

Cleans and Checks any hearing aid
FREE hearing test
Location: Nurses Office
Beltone New England

**For any more information
on any of the health
programs the Center
offers, please contact
the Senior Center
Office at 860.258.2786**



HUMAN SERVICES INFORMATION:

MUNICIPAL AGENT FOR THE ELDERLY

Need help or have questions regarding prescription coverage, insurance issues, Medicare Savings Program, or Snap, just to name a few

Medicare Open Enrollment starts
October 15—December 7

Call Denise at 860-258-2786 to make an appointment

ROCKY HILL MINI BUS SERVICE:

Transportation for the elderly & disabled

Must reside in Rocky Hill

Call Charlene: 860-258-2701

Monday - Friday 8:30am - 10:30am

MUST CALL 24HRS IN ADVANCE

Charlene is now in the Sr Ctr Office

SENIOR SAFE RESOURCES

Protective Services for the Elderly

Provides services to protect persons aged 60 and older from maltreatment & exploitation
Call 1.888.325.4225

Statewide Legal Services

Provides free legal services and advice to socially and economically needy seniors
1.800.453.3320

Consumer Law Project for Elders

Provides free legal services and advice to socially and economically needy seniors.
1.800.296.1467

WEEKLY PROGRAMS

TUESDAY SET BACK CLUB

Every Tuesday

Games start @ 12:30 - 2:30/3:00

Refreshments served

Room 1 - Senior/Community Center

Apple Rehab: Supplying Goodies on

3rd Tuesday of the month

NO CARDS ON DECEMBER 24TH & 31ST

MAHJONG GROUP

Every Thursday

1:00pm - 4:00pm

Room 7 - Senior Lounge

FREE

From beginners to experienced!

WII BOWLING

Every Wednesday

1:00 - 3:00pm

Room 2/3

Senior/Community Center

SENIOR WOOD CARVING CLASS

Drop-in Program

Wednesday

1:00pm - 3:00pm

Room 4 - Senior/Community Center

Open to Carvers of all expertise!

**Interested in trying something new
then come to the class any Wednesday
to see if this is for you.**

No experience is required.

\$2.00-payable to instructor

Instructor: Warren Blessing

SENIOR KNITTERS & CROCHET GROUP

Every Tuesday

10:00am - 12:00pm

Room 2/3 - Senior/Community Center

Bring your hooks, needles, craft projects etc.

All expertise welcome!

Looking for yarn donations to help offset
the cost of making various items for the many
organizations we support.



ROCKY HILL SERENADERS:

RH Serenaders are back in full
swing—rehearsing & performing
Come and enjoy the fun singing and
entertaining many seniors.

Tuesdays 1:00—3:00pm

Choir Director: Joyce O'Sullivan

For more information please call

Denise @ 860.258.2786

Thank you for entertaining our
members at the Annual Christmas/
Holiday Luncheon. You put on a great
show and you got us all singing along.

LUNCH & DINING INFORMATION

SENIOR CENTER LUNCH FEES:

Resident Members: \$3.50

Non-resident members: \$4.00

Residents Non-Members: \$5.00

Non Residents Non-Members: \$7.00

LUNCH IS SERVED AT 12:00PM

**MUST REGISTER 3 DAYS IN ADVANCE
AND BY 10:00AM**

To reserve your lunch please call the
Senior Center Office 860.258.2786.

**Meals prepared by Mitchell's Restaurant
Register 3 days in advance and by
10:00am**


**Mondays Lunch order by Wednesday
Tuesdays Lunch order by Thursday
Wednesday Lunch order by Friday
Thursdays Lunch order by Monday
Fridays Lunch order by Tuesday**

JANUARY 2020

WEDNESDAY, JANUARY 1 - HAPPY NEW YEAR - CENTER CLOSED

THURSDAY, JANUARY 2 - Chicken Au Gratin, Rice, Broccoli, Dinner Rolls, & Dessert

FRIDAY, JANUARY 3 - Lobster Mac & Cheese, Caesar Salad, Dinner Rolls, Drinks & Dessert

MONDAY JANUARY 6	MONDAY JANUARY 13
Meatloaf Mashed Potatoes Peas & Carrots Dinner Rolls Coffee, Tea, Milk & Dessert	Beef Tips over Egg Noodles Garden Salad Garlic Bread Coffee, Tea, Milk & Dessert
TUESDAY JANUARY 7	TUESDAY JANUARY 14
BIRTHDAY BINGO Caesar Salad w/Grilled Chicken New England Clam Chowder Dinner Rolls Coffee Tea Milk & Dessert 	Baked Chicken Leg Quarters Mashed Potatoes Mixed Vegetables Dinner Rolls Coffee, Tea, Milk & Dessert
WEDNESDAY JANUARY 8	WEDNESDAY JANUARY 15
BBQ Ribs Coleslaw Baked Beans Cornbread Coffee, Tea, Milk & Dessert	Beef Stew Dinner Rolls Coffee Tea Milk & Dessert
THURSDAY JANUARY 9	THURSDAY JANUARY 16
Chicken Parmesan Pasta with marinara sauce Garden Salad Garlic Bread Coffee Tea Milk & Dessert	Salisbury Steak w/mushroom gravy Mashed Potatoes Beets Dinner Rolls Coffee, Tea, Milk & Dessert
FRIDAY JANUARY 10	FRIDAY JANUARY 17
Broiled Seafood Platter Rice Asparagus Dinner Rolls Coffee Tea Milk & Dessert	Baked Stuffed Sole Baked Potato Broccoli Dinner Rolls Coffee Tea Milk & Dessert

JANUARY 2020

5

MONDAY JANUARY 20	MONDAY JANUARY 27
MARTIN LUTHER KING DAY CENTER CLOSED	Carved Turkey Mashed Potatoes & Stuffing Butternut Squash Cranberry Sauce & Dinner Rolls Coffee, Tea, Milk & Desserts
TUESDAY JANUARY 21	TUESDAY JANUARY 28
Chicken Pot Pie Caesar Salad Coffee Tea Milk & Dessert	Pepper Steak Rice Stir Fry Vegetables Dinner Rolls Coffee Tea Milk & Dessert
WEDNESDAY JANUARY 22	WEDNESDAY JANUARY 29
Penne Pasta w/meatballs Garden Salad Garlic Bread Coffee, Tea, Milk & Dessert	Cheese Ravioli w/meat sauce Garden Salad Italian Bread Coffee Tea Milk & Dessert
THURSDAY JANUARY 23	THURSDAY JANUARY 30
Pot Roast Mashed Potatoes Turnips Dinner Rolls Coffee, Tea, Milk & Dessert	Roast Beef Roasted Potatoes Green Beans Dinner Rolls Coffee Tea Milk & Dessert
FRIDAY JANUARY 24	FRIDAY JANUARY 31
Baked Cod Mashed Potato Asparagus Dinner Rolls Coffee, Tea, Milk & Dessert	Baked Stuff Shrimp Baked Potatoes Broccoli Dinner Rolls Coffee, Tea, Milk & Dessert

SENIOR LOUNGE

Computers, puzzles, magazines, chairs with ottoman, and card tables.

A place where you can relax and meet up with friends!

If you have any questions or want more information please call the Senior Center @ 860-258-2786

SENIOR SERVICES

- ♦ Elderly/Disabled Transportation 860-258-2701
- ♦ Volunteer Opportunities
- ♦ Outreach to Homebound Residents
- ♦ Medical Equipment Loans
- ♦ Energy Assistance
- ♦ Rental Rebate for Elderly/Disabled Renters
- ♦ Food Pantry
- ♦ Municipal Agent for the Elderly 860-258-2786

For more information on our senior services listed above please call Nicole @860-258-2799.

WINTER WALK TRACK

Come down to the gym and walk with friends
Walk Track hours are as followed:

Monday—Friday 7:00am—9:00am

Monday—Tuesdays 1:00pm—3:00pm

Wednesdays—Fridays 2:00pm—3:30pm

RH SENIOR/COMMUNITY CENTER GYM

20/25 times around gym = 1 mile

WINTER EXERCISE PROGRAMS

MODIFIED FITNESS & YOGA

January 13-March 18 (NC 1/20 & 2/17)

Mondays & Wednesdays 9:00am—9:45am

Location: RHSCC Gym

Instructor: Rachel from Personal Euphoria

COST: \$60.00

T'AI CHI-OIGONG

January 15-March 18

Wednesdays 9:45am—11:00am

Location: RHSCC Rm #2/3

COST: \$35.00/residents

\$38.00/non-residents

Instructor: Martha Jaffe

Drop-in fee: \$5.00 per class

SENIOR LINE DANCING

January 15 - March 18

Wednesdays 1:00pm - 2:00pm

Location: RHSCC Gym

Instructor: Tammy Bosse

Cost: \$35.00/residents

\$38.00/non-residents

NO DROP-INS

CHAIR YOGA/GENTLE EXERCISE

January 16-March 19

Thursdays 1:00pm—1:45pm

Location RHSCC Gym

Cost: \$35.00/residents

\$38.00/non-residents

ZUMBA GOLD

January 17-March 20

Fridays 9:30am - 10:15am

Location RHSCC Gym

Instructor: Karen Chorney

Cost: \$35.00/residents

\$38.00/non-residents

Registrations is now open for all classes.

Drop-in fees \$5.00 for Fitness/Yoga, T'ai Chi, Chair Yoga & Zumba Gold. For more info please call Denise at 860.258.2786.

MONTHLY CALENDER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<u>January 1</u> HAPPY NEW YEAR CENTER CLOSED	<u>January 2</u> 7:00-9:00: Walk Track 12:00-3:00 Lunch/Bingo 1:00-4:00: Mahjong 2:00-3:30 Walk Track	<u>January 3</u> 7:00-9:00: Walk Track 12:00-3:00: Lunch/Bingo 2:00-3:30pm Walk Track
<u>January 6</u> 7:00-9:00 Walk Track 9:45-11:45 Nurse 12:00-3:00: Lunch/Bingo 12:00-4:00 Bridge Group 1:00-3:00 Walk Track	<u>January 7</u> 7:00-9:00 Walk Track 10:00-12:00 Knitters 11:00-3:00: Setback 12:00 -1:00pm Lunch 1:00-3:00 B-Day Bingo 1:00-3:00 RH Serenaders 1:00-3:00 Walk Track	<u>January 8</u> 7:00 - 9:00: Walk Track 12:00—1:00pm Lunch 1:00-3:00pm Bingo 1:00-3:00pm Wii Bowlers 1:00-3:00: Woodcarvers 2:00 - 3:30: Walk Track	<u>January 9</u> 7:00-9:00: Walk Track 10:00—11:00 Hearing Clinic 10:30 Stepney Seniors Club 11:00-4:00 Bridge Group 12:00-1:00 Lunch 12:45—3:00 Bingo 1:00-4:00: Mahjong 2:00-3:30 Walk Track	<u>January 10</u> 7:00-9:00: Walk Track 10:30 RH Seniors Club 12:00-1:00 Lunch 12:45-3:00 Bingo 2:00 - 3:30: Walk Track
<u>January 13</u> 7:00-9:00 Walk Track 9:00-9:45 Modified Fitness/Yoga 9:45-11:45 Nurse 10:00-Noon Sr Task Mtg 10:30-11:30 Speaker 12:00-1:00 Lunch 1:00-3:00 Bingo 12:00-4:00 Bridge Group 1:00-3:00 Walk Track	<u>January 14</u> 7:00-9:00: Walk Track 10:00—12:00 Knitters 11:00-3:00 Sr Setback 12:00-1:00 Lunch 1:00-3:00 Social Card Games 1:00-2:00 Book Club 1:00-3:00 RH Serenaders 1:00-3:00 Walk Track	<u>January 15</u> 7:00-9:00: Walk Track 8:30-3:30 Foot Care Appts 9:00-9:45 Modified Fitness/Yoga 9:45-11:00 T'ai Chi 12:00—1:00pm Lunch 1:00-3:00 Bingo 1:00-2:00 Sr Line Dancing 1:00-3:00 Wii Bowling 1:00-3:00: Woodcarvers 2:00-3:30 Walk Track	<u>January 16</u> 7:00-9:00: Walk Track 10:30 Stepney Seniors Club 11:00-4:00 Bridge Group 12:00-1:00 Lunch 1:00-3:00 Bingo 1:00-1:45 Chair Yoga 1:00-4:00: Mahjong 2:00—3:30 Walk Track	<u>January 17</u> 7:00-9:00: Walk Track 9:30-10:15 Zumba Gold 10:30 RH Seniors Club 12:00-1:00 Lunch 1:00-3:00 Bingo 2:00—3:30 Walk Track
<u>January 20</u> MARTIN LUTHER KING CENTER CLOSED	<u>January 21</u> 7:00-9:00: Walk Track 10:00—12:00 Knitters 10:30-11:45 ALICE Training 12:00-1:00 Sr Lunch 12:30-3:00 Sr Setback 1:00-3:00 Social Card Games 1:00-3:00 RH Serenaders 1:00-3:00 Walk Track	<u>January 22</u> 7:00-9:00: Walk Track 9:00-9:45 Modified Fitness/Yoga 9:45-11:00 T'ai Chi 10:30-11:30 Speaker 12:00—1:00pm Lunch 1:00-3:00 Bingo 1:00-2:00 Sr Line Dancing 1:00-3:00 Wii Bowling 1:00-3:00: Woodcarvers 2:00-3:30 Walk Track	<u>January 23</u> 7:00-9:00: Walk Track 10:30 Stepney Seniors Club 11:00-4:00 Bridge Group 12:00-1:00 Lunch 1:00-3:00 Bingo 1:00-1:45 Chair Yoga 1:00-4:00: Mahjong 2:00—3:30 Walk Track	<u>January 24</u> 7:00-9:00: Walk Track 9:30-10:15 Zumba Gold 10:30 RH Seniors Club 12:00-1:00 Lunch 1:00-3:00 Bingo 2:00—3:30 Walk Track
<u>January 27</u> 7:00-9:00 Walk Track 9:00-9:45 Modified Fitness 9:45-11:45 Nurse 12:00-1:00 Lunch 1:00-3:00 Bingo 12:00-4:00 Bridge Group 1:00-3:00 Walk Track 4:45-5:45 Sr Liaison Mtg	<u>January 28</u> 7:00-9:00: Walk Track 10:00—12:00 Knitters 11:00-3:00 Sr Setback 12:00-1:00 Sr Lunch 1:00-3:00 Social Card Games 1:00-3:00 RH Serenaders 1:00-3:00 Walk Track	<u>January 29</u> 7:00-9:00: Walk Track 9:00-9:45 Modified Fitness/Yoga 9:45-11:00 T'ai Chi 12:00—1:00pm Lunch 1:00-3:00 Bingo 1:00-2:00 Sr Line Dancing 1:00-3:00 Wii Bowling 1:00-3:00: Woodcarvers 2:00-3:30 Walk Track	<u>January 30</u> 7:00-9:00: Walk Track 10:30 Stepney Seniors Club 11:00-4:00 Bridge Group 12:00-1:00 Lunch 1:00-3:00 Bingo 1:00-1:45 Chair Yoga 1:00-4:00: Mahjong 2:00—3:30 Walk Track	<u>January 31</u> 7:00-9:00: Walk Track 9:30-10:15 Zumba Gold 10:30 RH Seniors Club 12:00-1:00 Lunch 1:00-3:00 Bingo 2:00—3:30 Walk Track

STEPNEY SENIORS

Calling all seniors 55+ - come join us for fun, games, food and special activities. Meetings are held every Thursday from 10:30am to 11:30am. Come early for the raffle. Bingo or cards after each meeting. **For more information call Elaine 860-632-3103**

January 2 NO MEETING

January 9 Meeting - 10:30am
New Year Celebration Party
Raffle
Bingo/Cards 12:45—3:00pm

January 16 Meeting - 10:30am
Raffle

Speaker: Mary Perrino, RDN Nutrition/Diet
Bingo/Cards

January 23 Meeting - 10:30am
Raffle
Social Day
Food Bank

Rocky Hill Police Department Human, Youth & Senior Services Human Resources & Legal Compliance

The Rocky Hill Police Department will be offering a response overview for Seniors On the Alice Training on what to do in cause of an Active Shooter/Violent Critical Incident.

Alice Training stands for:

ALERT
LOCKDOWN
INFORM
COUNTER
EVACUATE

Tuesday, January 21, 2020

10:30am - 11:45pm

Rocky Hill Senior/Community Center

Room #1

FREE

To sign up or have any questions please call
Denise or Charlene 860.258.2786

ROCKY HILL SENIORS CLUB

The Rocky Hill Seniors meet on Fridays, 10:30am at The Rocky Hill Community/ Senior Center. A social hour & food Follows the meeting. Open to all 55+. Come join us! For more info please call Judy 860-529-9283

January 10 Meeting - 10:30am

Welcome In New Year's Party

50/50 Raffle

Bingo 12:45—3:00pm

January 17 Board Meeting 10:00am

Meeting - 10:30am

Program: Po-Ke-No

50/50 Raffle

Bingo 12:45 - 3:00pm

January 24 Meeting - 10:30am

Social Day

50/50 Raffle

Bingo 12:45 - 3:00pm

January 31 Meeting - 10:30am

50/50 Raffle

Food Bank

Bingo 12:45 - 3:00pm



Monthly Book Reading Club

January meeting will be held on the
2nd Tuesday of the Month

Tuesday, January 14, 2020

1:00pm—2:00pm

A wonderful group of people meet monthly
in the senior center lounge.

If you have any questions please
call Denise 860.258.2786

GET OUT OF KITCHEN

No Get out of the Kitchen for the
month of January

ARTS & CRAFT PROJECT

2nd Tuesday of the Month

January 14, 2020

Limit 10 participants.

To register for this program
please call Denise @ 860.258.2786

Sponsored by Autumn Lake



BIRTHDAY BINGO

1st Tuesday of the month

January 7, 2020

12:45pm—3:00pm

Sign-up for lunch 3 days before or
just come to play bingo.

Any questions call Denise

860.258.2786

**Sponsored by
Mapleview Manor**

AARP TAX AIDE HELP FOR SENIORS

AARP is offering tax assistance on
MONDAYS ONLY

To taxpayers with low to moderate
income with priority to taxpayers 60
years and older.

Our volunteers will help people with
their taxes at the Cora Belden Library
on Mondays only.

February 3 - April 13

**NO WALK-INS . APPOINTMENTS
ARE REQUIRED.**

To make your appointment please call
Denise at the Rocky Hill Senior Center
860.258.2786



SENIOR TASK FORCE MEETING

JANUARY 13, 2020

2nd Monday of the Month

10:00am—12:00pm

Rocky Hill Town Hall—Room #4

Open to the public

SENIOR LIAISON MEETING

JANUARY 27, 2020

4th Monday of the Month

4:45pm—5:45pm

Rocky Hill Town Hall—Council Chambers

Open to the Public

ENERGY ASSISTANCE PROGRAMS

Energy assistance clients may receive financial assistance for their primary source of heat, assistance is available for clients who meet income & asset eligibility guidelines.

Energy Assistance appointments are generally available August—May depending on your heating source.

Please contact Community Renewal Teams @ 860.560.5800 to set-up your appointment

Operation Fuel Program

Operation Fuel provides a one-time grant up to \$500.00 to assist families with their energy bills.

Operation Fuel assists with all energy types. Operation Fuel's grant can be used to prevent shutoff or restore utility service. Please contact Human Services 860.258.2021 for availability or an appointment.

For emergency appointments/shutoffs/no oil after November 15th please contact Human Services at 860.258.2799

CHRISTMAS/HOLIDAY WREATH DECORATING FUNDRAISER

We want to Thank everyone who participated in our Christmas/Holiday Wreath fundraiser from decorating the wreaths to buying raffle tickets to help raise money for our cause. We raised \$225.00 and bought (9) \$25.00 gift cards from Pet Supplies Plus and gave them to Human Services to give to families that are in need.

Thank you we couldn't do it without all of you.

A special thank you to the ladies and men who decorated the wreaths:

Catherine Brochu
Billie Joe & Shiann
John Henley
Ellen Lumia
Barbara Ortner
Evelyn Osowski
Bernadette Pietraroia
Chris Rizza
Barbie Robison
Chuck Robison
Lori Stanczyk
Marilyn Swepson
Rita Thibodeau
Eileen Witek

INFORMATIONAL SEMINARS FOR JANUARY

Guardian Angels Home Care

Adult Family Living and Golden Care Event Services

Kirsten Lombardi will be speaking how family caregivers in CT can now be compensated for the services they already provide TAX FREE. With your help & generous care, your loved ones are able to stay at home. New service Golden Care Event Services that helps you or your loved one arrive safely whether they're attending an important family event or going on a trip of a lifetime. **FREE**

Monday, January 13, 2020
10:30am — 11:30am

Czepiga Daly Pope & Perri **Elder Law Attorneys**

Attorney Ruth Fortune will be talking about estate planning, Wills, Trusts, powers of attorney, healthcare directives and probate. Attorney Fortune will talk about updates to the laws around the above topics. **FREE**

Wednesday, January 22, 2020
10:30am - 11:30am

**To register for any of the above programs please call Denise or Charlene
860.258.2786 or stop by the senior office and sign-up**